



U C O O K

— COOKING MADE EASY

Tropical Chilli-Ginger Squid

with charred pineapple, basmati rice salad & a sweet 'n sour dressing

Get in the summer groove with crispy squid, marinated in ginger, chilli, and lime. Scattered over a dressed brown basmati salad of edamame beans, coriander, radish, and charred pineapple. Tangy, sweet, zesty, salty, fresh – tropical bliss!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

120g	Squid Heads & Tubes
10g	Ginger <i>peeled & grated</i>
1	Lime <i>one half zested & cut into wedges</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
27,5ml	Sweet & Sour Dressing <i>(15ml Fish Sauce, 7,5ml Honey & 5ml Sesame Oil)</i>
100ml	Brown Basmati Rice
50g	Fresh Pineapple <i>cut into bite-size chunks</i>
50g	Edamame Beans
20g	Radish <i>rinsed & sliced into rounds</i>
5g	Fresh Coriander <i>rinsed & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. MARINATE THE SQUID Rinse the squid to remove any residue from the packet and pat dry with paper towel. Place in a bowl with the grated ginger, lime zest, and sliced chilli (all to taste). Add 1 tsp of the sweet & sour dressing, a drizzle of olive oil, and some seasoning. Toss to coat and set aside to marinate for at least 10 minutes before frying.

2. NUTTY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 250ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

3. CHAR THE PINEAPPLE Place a pan over a high heat with a drizzle of oil. When very hot, fry the pineapple chunks for 2-3 minutes until charred, shifting as they brown. Remove from the pan on completion and set aside for serving.

4. CHILLI-GINGER SQUID Return the pan to a high heat with another drizzle of oil. When very hot, fry the marinated squid for 1-2 minutes until cooked through and crispy, shifting occasionally. Remove the pan from the heat and baste the squid with the remaining marinade from the bowl. Allow to rest in the pan until serving.

5. BASMATI RICE SALAD When the rice is cooked, place in a bowl with the edamame beans and three-quarters of the chopped coriander. Toss together with some lime zest to taste and the juice of 1 lime wedge. Add some seasoning and the remaining sweet & sour dressing to taste, and toss until coated.

6. TIME TO DEVOUR Dish up a generous mound of rice salad and cover with the charred pineapple and sliced radish. Top with the crispy squid and garnish with the remaining coriander and chilli to taste. Serve with a lime wedge on the side. Wow, Chef!



Chef's Tip

Fry the squid in batches if necessary to avoid overcrowding the pan and ending up with mushy or tough squid, instead of crispy squid!

Nutritional Information

Per 100g

Energy	638kj
Energy	153Kcal
Protein	8.5g
Carbs	25g
of which sugars	4.8g
Fibre	2.6g
Fat	2.8g
of which saturated	0.3g
Sodium	323mg

Allergens

Sesame, Shellfish, Fish, Soy

Cook
within 1
Day